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MAKE GOOD USE OF SAUERKRAUT

Are you eating your share of sauerkraut? There is a plentiful crop of domestic, big-headed cabbage—great quantities of which ordinarily go into commercial kraut. Lacking tin, packers have put millions of gallons of kraut into barrels, and there is still cabbage remaining on the market or stored for selling through the winter. So, when you buy kraut in bulk from the grocer's barrel, or make kraut at home—or eat the cabbage raw or cooked, for that matter—you are lending a hand to save one of the country's good food crops from waste.

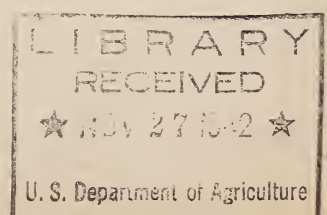
(Name) (Title) (Place) here gives some tips on making good use of sauerkraut, from home economists of the U. S. Department of Agriculture.

Sauerkraut, or "sour" cabbage, furnishes a contrast in flavor at a meal, and contributes some minerals and vitamins. Famous teams are kraut and sausage, kraut and spareribs, kraut and pigs' knuckles. But these are only a starter. Diced apples and kraut, browned together, make good team-mates. To some people, turkey or goose stuffed with kraut is a festive dish. It is traditional also to team kraut with such foods as fried liver or baked fish.

When you plan dishes to spread meat flavor or main dishes to alternate with meat, try sauerkraut scalloped with macaroni and bits of meat; or kraut scalloped with left-over mashed potatoes and a generous amount of cheese. And don't forget that kraut juice chilled makes a good first course. Some like it straight. Some prefer it with a little lemon juice, or mixed half-and-half with tomato juice.

There is more than one way to cook and season sauerkraut itself. When you eat savory sauerkraut, as it's sometimes called, you are having the Norwegian style. It's done quickly this way: Lightly brown $\frac{1}{2}$ cup or less of fat in a skillet and add 1 quart of sauerkraut and $\frac{1}{4}$ teaspoon of celery or caraway seed. Mix well, separating the kraut with a fork. Cover and cook for 5 minutes, and serve hot. You give the kraut a Pennsylvania Dutch touch when you add onion, apple, and a chopped potato.

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